

THE SENIOR GAZETTE

City of Duluth Department of Community Resources

Parks & Recreation Division

SENIOR RECREATION PROGRAM Newsletter

12 East 4th Street ♦ Duluth, MN 55805 ♦ 218.730.4310

JULY 2009



ATTENTION ALL CRIBBAGE PLAYERS!

Morgan Park To Host SINGLES CRIBBAGE Tourney



The Morgan Park Seniors, at 1242 88th Avenue West, invite you to a day of singles cribbage as they host a CRIBBAGE TOURNAMENT on Thursday, July 16. The tournament runs from 12:30-3 PM. The entry fee is \$3 and participants must sign up by July 14 to be able to play; call 218.390.4971 to register. Winners will be determined by total games won, as well as points, with the money split if there is a tie; seven games total will be played.

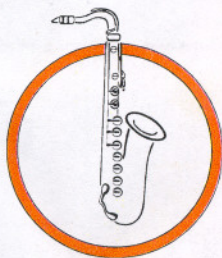
And who doesn't like cash prizes, like a \$10 first prize, as well as cash for 2-8th place?! Receive a ticket for prize drawings for each 24 hand and skunk pots. Delicious strawberry shortcake will be served during the afternoon break.

Come early to enjoy a roast chicken dinner, served by the AEOA Senior Dining Program. Call 626.4522 by noon of July 13 to reserve your meal. Hope to see you there!

Words of Wisdom???

- If you think nobody cares, try missing a couple of payments.
- When everything is coming your way, you're in the wrong lane.
- If you can't repair your brakes, make your horn louder.
- Change is inevitable, except from vending machines.

ROSE GARDEN CONCERTS



Come on down to the Rose Garden in July to enjoy some wonderful music! All concerts start at 6:30 PM.

Thursday, July 9
Thursday, July 16
Thursday, July 23
Thursday, July 30

Duluth Community Band
Windjammers Big Band
Duluth Community Band
Windjammers Big Band

Free music - and prize drawings during the Winjammers concerts, too! Don't miss out!

**Call 218.727.4321
for more info on the
SENIOR DINING PROGRAM
sponsored by the AEOA
at the following sites:**

DULUTH HEIGHTS HOLY CROSS CHURCH
410 North Arlington Avenue • 722.6022

EVERGREEN SENIOR CENTER
5830 Grand Avenue • 723.3663

LINCOLN PARK COMMUNITY CENTER
2014 West Third Street • 722.4107

MORGAN PARK COMMUNITY REC CENTER
1242 88th Avenue West • 626.4522

PORTMAN COMMUNITY REC CENTER
4601 McCulloch Street • 525.0838

RAINBOW COMMUNITY CENTER
211 N 3rd Ave E • 727.8147

WOODLAND GARDENS APARTMENTS
127 Calvary Road • 724.2989



July 2009



MONTHLY SCHEDULE FOR CITY OF DULUTH SENIOR RECREATION SITES

City of Duluth Department of Community Resources
Parks & Recreation Division
12 East 4th Street • Duluth, MN 55805 • 218.730.4310

EVERGREEN

5830 Grand Avenue • 723.3663

WEEKDAYS	11:30	Senior Dining Meal
MONDAY	9:30 12:00 1:00	Qi Gong Exercise Hand & Foot Cribbage
TUESDAY	12:15	500
WEDNESDAY	12:15	Bridge & Crafts
THURSDAY	12:30	Bingo
FRIDAY	12:15 1:00	500 Cribbage

**MORGAN PARK,
and PORTMAN
schedule on back.**

Friday **July 3**
Closed due to Independence Day Holiday

Monday **July 6**
1-5 PM 55 Alive Defensive Driving Class
(Call 730.4319 and leave message to register)

Friday **July 10**
10:00 Special Senior Meeting
Topic: "Midwest Country Show" Bus Trip

Wednesday **July 15**
3:00 US Steel Meeting

Monday **July 20**
11:30-2 Post Polio

Thursday **July 23**
10:45 Guest Speaker on "Safety Out & About"

SENIOR ACTIVITY SCHEDULE "At A Glance"

Weekly, unless otherwise indicated.
(Schedule includes select
Lincoln & Rainbow Center activities,
under Harbor Centers management.)

BINGO

Wednesday
12:30 - Morgan Park
1:00 - Rainbow

Thursday
12:30 - Evergreen
1:00 - Lincoln Park

Friday
1:00 - Rainbow

DANCES

Friday
(Line Dancing)
10:00 - Rainbow

FOOT CARE (\$20 Charge)

Tuesday
9 to Noon - Lincoln Park
Tuesday & Thursday
9 to 1 - Rainbow



What would you get if you crossed George Washington with cattle feed? **The Fodder of Our Country!**

What did one flag say to the other flag? **Nothing. It just waved!**

Where did George Washington buy his hatchet? **At the chopping mall!**



MORGAN PARK

1242 88th Avenue West • 626.4522

WEEKDAYS 10:00 Open Recreation
& Shuffleboard
11:30 Senior Dining Meal

MONDAY 10:00 Bone Builders

TUESDAY 10:30 Crafts

WEDNESDAY 9:30 TOPS
10:00 Bone Builders
12:30 Bingo

THURSDAY 12:30 Cribbage

FRIDAY 10:00 Bone Builders
12:15 Bridge

Wednesday **July 1**
10:45 - Board Meeting
11:00 - Senior Meeting

Friday **July 3**
Closed due to
Independence Day Holiday

Friday **July 10**
9:30 Trip

Thursday **July 16**
12-4 Cribbage Tournament
\$3 entry fee
Call 390.4971 to register

Wednesday **July 22**
10 & 11 Guest Speaker
on "Safety Out & About"

Wednesday **July 29**
12:30-6 Bingo BBQ Potluck
(Eat at 4 PM)
Call 390.4971 for more info

What year was the 4th of July declared
a legal holiday? **1941**

What were the estimated number of people
living in the newly independent nation in July
1776? **2.5 million** In 2009? **304 million**

PORTMAN

4601 McCulloch Street • 525.0838

WEEKDAYS 11:30 Senior Dining Meal

MONDAY 1:00 Tap Dancers #1

TUESDAY 9:00 Exercise
12:00 Bridge

WEDNESDAY 1:00 Tap Dancers #2

THURSDAY 9:00 Exercise

Thursday **July 2**
10:00 Blood Pressure
10:45 Senior Board Meeting

Friday **July 3**
Closed due to
Independence Day Holiday

Monday **July 6**
11:00 Senior Meeting
12:30 Bingo

Wednesday **July 8**
12:30-3 Fruit Pass Party

Monday **July 13**
10:00 Cribbage/Games

Tuesday **July 14**
1-5 55 Alive
Call 730.4319 to register

Monday **July 20**
10:45 Guest Speaker
on "Safety Out & About"
12:30 Bingo

Monday **July 27**
10:00 Cribbage/Games

Tuesday **July 28**
9:00 Foot Care

Friday **July 31**
10:45 August Board Meeting

CITY OF DULUTH STAFF

Theresa Mellinger (218.390.4971 or 730.4307)
Gail Walkowiak (730.4306)
Terri Castonguay (730.4305)

FRUIT PASS

WHAT IS A "FRUIT PASS" PARTY, YOU ASK??
Come and find out!!!



PARTY RESERVATIONS:
Call Theresa at 390.4971

MEAL RESERVATIONS:
Call 525.0838 by noon of Monday, July 6

Wednesday, July 8, 2009
12:30 PM

Portman Community Rec Center
4601 McCulloch Street

COME EARLY AND EAT!

11:30 AEOA Senior Dining Meal

All diners will receive a ticket for
door prize drawings at the afternoon party!

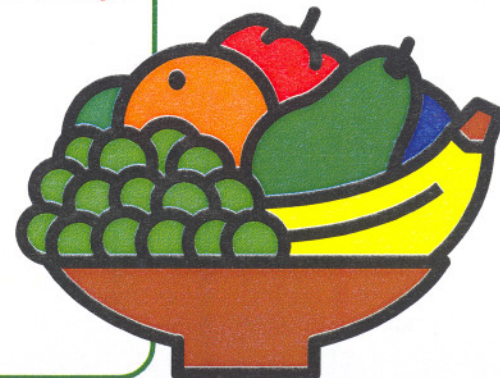
12:30 GREETINGS: June & July Birthdays

GAMES: Word Scramble
& Fruit Pass to Music

REFRESHMENTS:
Free Root Beer Floats
and Cookies

DOOR PRIZE DRAWINGS

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CRIBBAGE

TOURNAMENT

The
Morgan Park Seniors,
at
1242 88th Ave W,
invite you to come
for a day of
SINGLES CRIBBAGE

Winners are
determined by
total games won
and points.

*(If there is a tie,
money will be split.)*

7 Games Total
CASH PRIZES!!!

1st Prize - \$10

2-8th Prizes - \$\$\$

SKUNK POTS:
Pay \$.25 for each
skunk game
(drawings for winner)

24 HAND:
Receive ticket for
each 24 hand

Call **218.390.4971**
by the deadline of
July 14

Thursday,
July 16, 2009
12:30 AM-3 PM
Morgan Park
Community
Rec Center



SCHEDULE

11:30 AM: AEOA Senior Dining Meal
Roast Chicken Dinner

All players are encouraged to eat at Morgan Park that day!
Make your meal reservation by NOON of July 13th;

Suggested Meal Donation for Seniors: \$3.50

(Call 626.4522 to sign up)

12:30 PM: CRIBBAGE TOURNAMENT

AFTERNOON BREAK: Strawberry Shortcake

\$3 CRIBBAGE TOURNAMENT ENTRY FEE

The **MORGAN PARK SENIORS**
invite you to join them for....



WEDNESDAY, July 29, 2009

12:30-5 PM

(EAT AT 4:30)

**MORGAN PARK
COMMUNITY
RECREATION CENTER**
1242 88th Avenue West

**Call
Theresa
at
218.390.4971
to sign up
for food!**



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